

TEMPLE BETH-EL EARLY CHILDHOOD EDUCATION CENTER
The Marjorie and Mark Gershwind Campus of Living Judaism
5 Old Mill Road, Great Neck, NY 11023



GROWING TOGETHER

Vicki Perler, Director
October 22, 2021

Dear Families,

Parenting and teaching young children require dedicated work, and we are all continually helping our children develop and enhance their social and emotional skills.

We have all been in situations with our children when it was much easier to say “yes” than “no.” A simple request for a cookie before dinner or for a particular toy in the toy store might turn into a “scene” in the supermarket or store when the child’s request is denied. Persevering through children’s crying and temper tantrums can be extremely difficult and upsetting to parents. “What’s the big deal,” an unsolicited passerby in the store might say. “Let them have it.” But saying “no” to children is so important that entire books and articles have been written about this topic alone. The use of the word, “no,” actually teaches children delayed gratification and patience, and can be used quite effectively for setting goals. “Instead of the cookie, we can have a special fruit and we’ll save the cookie for dessert” might be a more effective “no” for your child. It is always important to listen to your child, think about a possible solution, and be creative when the appropriate response should be negative.

For parents, saying “no” to their children is a lot about teaching and setting limits. According to Laurence Steinberg, a psychologist at Temple University and the author of [The 10 Basic Principles of Good Parenting](#),

“children need limits on their behavior because they feel better and more secure when they live within a certain structure.” Steinberg also states that if the relationship between the child and the parent is strong, the child will get over his/her disappointment or anger much more quickly. Experts in education all agree that too much love will never spoil a child, but too few limits will. Some studies have shown that children who are indulged by parents who are reluctant, afraid or unwilling to say “no,” grow up to become adults who have difficulty coping with life’s disappointments, and can become impatient, lazy, or unmotivated toward achieving success in their personal and professional lives.

I highly recommend that you read the book, The Blessing of a Skinned Knee by Dr. Wendy Mogel. For parents of children at any age, it is important to take a step back from our own busy lives, set limits for ourselves and our children, and help each other become kind, respectful, and responsible human beings.

Shabbat Shalom

Vicki

HAPPENINGS & DATES TO REMEMBER

Tuesday, Oct. 26	Pee Wee Pros Sports Program for 3s and Pre-K
Tuesday, Nov. 2	Election Day – School Closed
Tuesday, Nov. 2	Professional Development for Teachers
Friday, Nov. 5	Rosh Chodesh Kislev
Sunday, Nov. 7	Daylight Savings Time Ends – Set Clocks Back One Hour
Thursday, Nov. 11	Veterans Day – School Closed
Wednesday, Nov. 24	Thanksgiving Recess – School Closes at 1:00 PM
Thurs & Fri, Nov. 25&26	Thanksgiving Recess – School Closed

CONNECTIONS

Dressing for the Outdoors – Please be attentive to the weather every day to ensure that your child is appropriately dressed for outdoor play. Our goal in all weather is to keep the children warm, dry and comfortable. If they are not dressed properly, the class is unable to take advantage of the open air and the many interesting outdoor spaces around the temple building. Boots, raincoats, an extra pair of sneakers, two complete changes of clothing (to be left in school), sweaters, hats, mittens, and a warm jacket are necessary. As the weather becomes colder, we will continue to be outdoors. It’s a good time to start purchasing waterproof snow pants, jackets, snow boots and mittens for the winter. Please label all children’s clothing! Thank you for your cooperation.

Mask Protocols – Masks are mandatory for all students when indoors, except when eating, drinking or napping. Wearing masks outdoors is optional. All students are required to arrive at school with their mask on. Some days, we go directly inside; other days we stay outdoors. Because we are in close contact at the entrance area, teachers, parents, siblings and ECEC students must wear a mask in these outdoor areas when arriving and dismissing students at all times. Thank you for your cooperation.

Hot Lunch Program - The foods children eat and lifestyle habits they learn have a lasting effect on their health. Due to the overwhelming interest of our families to provide nutritious meals for lunch, we offer meat and dairy lunches for all students. As you know, one of the values of our school is to maintain the highest quality of care whenever possible. This value should also be reflected in the foods we eat.

Lunch Menu:

Monday – Plain pasta, sauce, shredded mozzarella and vegetable

Tuesday – Baked chicken fingers and corn

Wednesday Pizza and Israeli salad

Thursday- Sliders/hamburgers, sweet potato fries and cucumber salad

Friday – Baked fish, rice and string beans

Our lunch is provided in individual packages for each child. We also have whole wheat bread and soy butter available to children who have not yet acquired the taste for these new foods. We hope that over time, children will discover and enjoy a variety of foods.

Car Seats are Mandatory - New York State law requires that all children eight years old and younger wear a safety restraint that meet the manufacturer's suggested weight and height requirements. The following is New York State's Car Seat Laws: **Children two and younger should use a rear-facing car seat until they exceed the manufacturer's suggestions. Once a child is over the age of two and goes over the manufacturer's weight and height requirements, s/he can move on to a forward-facing seat. After the age of four and when a child is over the manufacturer's requirements for a forward-facing seat, s/he can be placed in a booster seat with both the shoulder and chest straps. Although not required, NY authorities strongly recommend parents keep their children in the back seat until they reach the age of twelve.**

Health and Safety Precautions During the Pandemic - The health and safety procedures in the ECEC are very specific this year. Please wear your mask, stay physically distant from each other, and never bring your child to school if s/he appears ill. Your cooperation is essential and very much appreciated.

Important ECEC Telephone Information – If you have an important message and cannot reach me or Nancy on the telephone during the day, please ask someone in the main office to find us and relay the message. We hope this system will help you if you are unable to talk to us in person.

Contact Information - Please call, email or see me if you have anything you would like to discuss. My email address is yperler@tbegreatneck.org. This is usually the best way to reach me.

Links to Remember – I invite you to visit the websites connected to the links below. The links relate to information about early childhood education, Jewish life and learning, and helpful hints for parents.

<https://www.zerotothree.org/resources/223-creating-routines-for-love-and-learning>

<https://www.naeyc.org/resources/pubs/yc/may2019/outdoor-play-is-essential>

<https://www.communityplaythings.com/resources/articles/2010/outdoor-play>

<https://www.naeyc.org/resources/pubs/yc/mar2018/promoting-social-and-emotional-health>

www.tbe-ecec.org

<http://www.naeyc.org/>

<http://families.naeyc.org/>

<http://www.reggioalliance.org/>

<http://www.brainy-child.com/article/reggioemilia.shtml>

<http://www.zerotothree.org/child-development/>